



February 2013

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



State-of-the-Art CT  
Scanner

— Page 6

## Resuscitative Medicine Receives ‘Best Practice’

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Naval Medical Center Portsmouth announced Jan. 28 that its Staff Education and Training Department’s Resuscitative Medicine Division received the “Best Practice” designation for its Advanced Cardiovascular Life Support, Basic Life Support, and Pediatric Advanced Life Support programs following inspection by the Military Training Network.

The MTN is a joint Department of Defense organization that oversees the American Heart Association courses given by military commands, also approving the program directors and program staff. MTN audits each program across the Army, Navy and Air Force every three years, assessing every facet of training, from classroom execution to program administration.

“To get a best practice, we have to do outstanding in all areas, which include equipment management, course management, faculty management and faculty records,” said Barbara Cailteux-Zevallos, Resuscitative Medicine division officer. “It means that we have scored a 96 or above in all of those areas. All three of our programs that were evaluated scored above a 96. We take these programs very seriously, because they are lifesaving programs.”

The ultimate goal of the training is to ensure staff are skilled in procedures to save patients’ lives.

“It has a direct impact on patient care because every health care provider at this command has to have basic life support as a condition of employment,” said Cmdr. William H. Brooks,



**Students of the Advanced Cardiovascular Life Support course practice inserting a chest tube. ACLS is open to all NMCP staff, but is primarily for doctors, nurses and physician assistants. Corpsmen can take the course, but must first to take an EKG class.**

SEAT department head. “If they are called upon to provide that kind of care in an emergency, these courses should allow them to confidently provide the support.

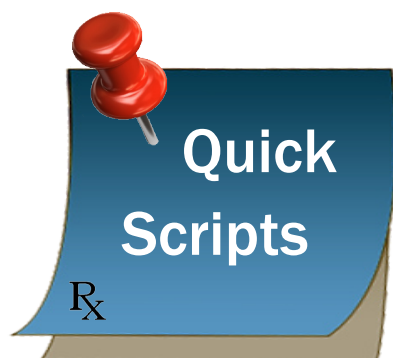
“The MTN is comparing us not only to what we do in the classroom, but also from an administrative standpoint, looking at our records and looking at our program from the beginning to the end,” said Brooks. “And they are comparing us to the standards that are set forth and benchmark us against other

— See **PRACTICE**, Page 3



Photo by Rebecca A. Perron

**Lt. Carmelo Ayala, the former head of the Primary Care Clinic at the Naval Air Station Oceana Branch Health Clinic, has been collecting military coins for more than 25 years, accumulating more than 1,800 military coins during his career. More than 300 of Ayala’s coins were kept in the display case pictured above. His recent transfer meant packing up all of the coins as he headed to Naval Hospital Bremerton, Wash. For the full story, see page 8.**



## VITA Tax Season

The tax season is now upon us with a deadline to file all taxes by April 15 for the 2012 tax season. NMCP is offering tax assistance to active duty, retired military and civil service staff starting March 1. VITA representatives are available every Tuesday and Thursday from 11 a.m. – 2 p.m. in classroom 1 or 2.

Bring all necessary paperwork and fill out the interview sheet that is attached to the Plan of the Day. A list of all IRS certified tax preparers and their work centers is also listed on the POD. Contact VITA coordinators with questions: HMC Klein at 953-7203, HM1 Ryals at 953-0243 or QM1 Myers at 953-5164.

## Spring 2013 PFA

The official weigh-ins for the Spring Cycle 1 2013 Physical Fitness Assessment will be April 11 through May 2, for those who are running on the track, treadmill or

swimming the PFA.

Those using the bike or elliptical machines for the PFA are required to weigh in 24 hours prior to the day of the cardio event. Weigh-ins are offered daily from 6 a.m. – 4 p.m. in Command Fitness, Bldg. 3, 5th floor.

## Navy College Brief

The Mentorship Committee is hosting a Navy College brief March 19 from 9 – 10 a.m. in Bldg 3, 2nd floor, classroom 4.

Topics range from Tuition Assistance and how to find a school that's right for you. The brief will be available by VTC to the clinics. To sign up, contact HM1 James Frymire at 953-1201 or james.frymire@med.navy.mil. by March 15.

## New Career Counselor Hours

The Command Career Counselor's office is extending its hours beginning March 4. New hours are Monday to Friday

from 6 a.m. – 7 p.m. and the second and third Saturdays of each month from 11 a.m. – 1 p.m.

The office is in Bldg. 1, 1st floor in room C124. Staff can also contact the office by phone at 953-5164 or email at NMCP-CareerCounselors@med.navy.mil.

## Sunrise Yoga

Starting Wednesday, March 13, join MWR Fitness at the new Sunrise Yoga class from 5:30 – 6:30 a.m. every Wednesday in the group exercise room in the Bldg. 3, 1st floor gym. For more information, call 953-7144.

## Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

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## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil  
or  
(757) 953-1973

THE  
COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.





**Cmdr. Luisa Kropcho, a surgeon at NMCP, instructs students of the Advanced Cardiovascular Life Support course on how to perform a cricothyroidotomy, a procedure that opens an airway when other methods have failed.**

**PRACTICE** — *Continued from page 1*  
commands' programs.

"This is a testament to our Sailors – they do a great job getting up in the classroom, and the other piece that is the administrative portion – the tracking of the records the meticulous detail that is involved," Brooks added. "It makes me very proud to be their department head."

To administer the training, the division's staff maintains the program records, schedules the training, gives some of the training and prepares the certification cards. The staff is qualified to teach the BLS courses, which includes BLS for health care providers, BLS for non-health care staff, called the Heartsaver CPR/AED (automated external defibrillation), and the renewal class.

The demand for certification at a medical center such as NMCP is high. More than 4,300 medical and non-medical staff members were trained in fiscal year 2012 at a cost avoidance of nearly \$900,000. With such a large number of people



**Lt. Cmdr. Amy Henning, from Orthopedics, performs a cricothyroidotomy during the Advanced Cardiovascular Life Support course at Naval Medical Center Portsmouth. The procedure opens an airway to restore breathing when other methods have failed.**



**Students of the Advanced Cardiovascular Life Support course practice their newly learned skills at NMCP during the two-and-a-half day course. They hone their technique on mannequins in order to be skilled to perform life-saving procedures like this one.**

who must be certified or recertified annually, the staff can pull from a group of more than 300 area military BLS-certified instructors who augment the SEAT staff, as needed.

Two of the courses, the ALCS and PALS, however, are required to be instructed by certified medical personnel: nurses and doctors for ALCS and pediatricians for PALS. Both courses cover CPR, intubation techniques and appropriate medication and dosing for certain conditions, with ACLS focusing more on adult heart conditions. PALS focuses more on pediatric respiratory conditions and uses child-size mannequins.

"We coordinate multiple programs related to lifesaving programs," said Hospital Corpsman 2nd Class (FMF/SW) Joseph Grabianowski, the division's work center supervisor. "The courses help patients because they instruct the doctors, nurses, physician assistants, independent duty corpsmen and general duty corpsmen how to handle any number of scenarios. The training also gives corpsmen a real sense of what the doctors go through when a code blue is called so they are able to help."

Brooks said the Best Practice designation is deserved. "This is an acknowledgement of the work that our folks do here providing the courses. They work very hard and people don't always recognize that."

Actually, the MTN has recognized that. NMCP's Resuscitative Medicine program has developed such an efficient method to track, certify and maintain the program that they have been asked to mentor some local commands to help them exceed standards.

"We were asked to be a mentoring site," said Cailteux-Zevallos. "We will meet with them and oversee a little bit. We will tell them what their records need to be, what equipment they need and how to manage the instructors."

Looking ahead to the rest of the year, Cailteux-Zevallos said they expect to exceed the number of DoD personnel they have trained previously, due to an increase in the demand for training and the additional courses they are adding to the schedule.

# Scott Center Annex Pharmacy Fills New Prescriptions Saves Money for Patients and the Government

BY DEBORAH R. KALLGREN  
NMCP Public Affairs

The Scott Center Annex pharmacy began filling new prescriptions for TRICARE beneficiaries on Feb. 11.

For many years, the refill pharmacy has filled approximately 550,000 refill prescriptions annually, making it the largest free-standing refill center in the Navy. Now, after heeding customer suggestions, patrons will be able to take new prescriptions to the Scott Center Annex Pharmacy to be filled.

"We are trying to improve customer service and reduce wait times at the main pharmacy" at Naval Medical Center Portsmouth, said Cmdr. Roger Bunch, assistant head of NMCP's Pharmacy Department.

Construction at the Scott Center Annex pharmacy to add the capability to fill new prescriptions cost approximately \$100,000. "We plan on saving half a million dollars annually on prescription (costs)," said Bunch. He added that it costs the government and taxpayers more money when TRICARE beneficiaries fill their prescriptions in town at retail pharmacies.

While the Scott Center Annex pharmacy was not enlarged to accommodate filling new prescriptions, the interior was reconfigured to add space for two new pharmacists and six additional technicians.

The pharmacy is located adjacent to the Commissary and Navy Exchange just off George Washington Highway in Portsmouth, making it easy for patients to drop off their prescriptions before shopping and then picking them up as they leave the base. There's also an abundance of handicapped and regular parking spaces adjacent to the pharmacy for patients to use.

Bunch said customers may stay and wait for their prescription to be filled, but the wait time can vary. He encourages customers to drop off their prescriptions and pick them up later at the drive-thru or inside the pharmacy.

In 2010, wait times were dramatically decreased when the pharmacy installed robotics that fill up to 4,500 refills per day, quickly dispensing 300 different medications. Further efficiencies add value by bringing beneficiaries back to military pharmacies.

The changes at the Scott Center Annex pharmacy coincide with increases in prescription copays at retail pharmacies that occurred on Feb. 1. The Fiscal Year 2013 National Defense Authorization Act required TRICARE to increase copays on brand name and non-formulary medications not filled at military hospitals or clinics. There was no increase in copays for generic medications.

"Medications filled at military pharmacies have no out-of-pocket costs," said Lt. David Satterthwaite, a pharmacist and division officer at the Scott Center Annex pharmacy. "With the changes in TRICARE pharmacy copays, we hope more beneficiaries will choose to have their prescriptions filled at the Scott Center Annex pharmacy."

At a retail network pharmacy, the new copay for a 30-day supply of a brand-name medication is \$17. Beneficiaries using TRICARE Pharmacy Home Delivery now pay \$13 for up to a 90-day supply of brand-name drugs.

The copay for non-formulary medications drugs is now \$44 at retail pharmacies and \$43 through Home Delivery. The TRICARE Uniform Formulary lists all the medications TRICARE covers.

Satterthwaite added, "The pharmacy now accepts medical necessity prescriptions written by a civilian provider as long as the doctor has completed the form detailing the conditions that require this category of



Photo by Rebecca A. Perron

**Everyone's excited to cut the ribbon! From left, Lt. Cmdr. Roger Bunch, NMCP's Pharmacy Department assistant head; Capt. Eugene de Lara, NMCP's Pharmacy Department head; Capt. Lori Krevetski, director, Clinical Support Services; Capt. David Collins, NMCP acting deputy commander; Capt. Mark Bridenstine, Norfolk Naval Shipyard commanding officer; and Lt. David Satterthwaite, division officer and pharmacist at the Scott Center Annex pharmacy.**

— See **PHARMACY**, next page





Photo by Rebecca A. Perron

**After the ribbon cutting for the Scott Center Annex Pharmacy, Felicia Allen, one of the pharmacy technicians, is ready to assist beneficiaries with either refill or new prescriptions. The prescription filling counter in the background was redone to give space for more technicians.**

**PHARMACY** — *Continued from previous page* medications.” That form is available online at [http://pec.ha.osd.mil/forms\\_criteria.php](http://pec.ha.osd.mil/forms_criteria.php).

Bunch praised Satterthwaite’s work ethic overseeing the pharmacy’s renovation. “He was hand-selected because of his demonstrated prowess in management. He manages the facility, contractors, (Information Technology) specialists and the hiring processes, all while maintaining a refill program that’s the biggest in the Navy.”

Capt. Eugene de Lara, head of NMCP’s Pharmacy Department is pleased at the support the command has given

pharmacy over the past three years and the efforts of those involved in bringing this initiative to fruition.

With the new and expanded Scott Center Annex Commissary scheduled to open in May, it’s hoped the additional customers coming on base to shop for groceries will also get their prescriptions filled at the Scott Center Annex pharmacy.

“We anticipate a great deal of business here, and we’re looking forward to it,” Satterthwaite said. He thanked the staff for their hard work during the renovation. “We’re really focused on customer service and saving our beneficiaries and the government money. We hope anyone who’s a TRICARE beneficiary will give us a try and get their prescriptions filled here.”

The Scott Center Annex pharmacy is open 9 a.m. to 5 p.m. Monday through Friday, 9 a.m. to 4 p.m. Saturdays, and is closed on Sundays and holidays.



Photo by Rebecca A. Perron

**Two of the four reconfigured windows at the Scott Center Annex Pharmacy are ready to fill new and refill prescriptions and serve beneficiaries quickly and efficiently.**

## Take Steps to Improve Heart Health for Healthier Future

Since February is American Heart Health Month, it’s a great time to take steps toward a healthier heart.

Heart disease is the leading cause of death for men and women. According to the Centers for Disease Control, each year in the United States, about 715,000 have a heart attack and about 600,000 people die from heart disease – one out of every four deaths. The most common type in the U.S. is coronary heart disease, which can cause heart attack, angina, heart failure and arrhythmias.

Heart disease is preventable and controllable. Many healthy lifestyle choices can help prevent and manage the disease.

**Eat a healthy diet.** Choose healthy meals and snacks: at least five servings of fruits and vegetables a day; foods low in

saturated fat, trans fat and cholesterol and high in fiber; limit salt or sodium.

**Maintain a healthy weight.** Being overweight or obese increases the risk. Doctors often determine healthy weight using body mass index or body fat percent.

**Exercise regularly.** Physical activity can help maintain a healthy weight and lower cholesterol and blood pressure. Adults should exercise with moderate intensity for at least 30 minutes most days.

**Monitor blood pressure.** High blood pressure often has no symptoms, so check it regularly at home, at most civilian pharmacies or at a doctor’s office.

**Don’t smoke.** Those who smoke should quit

as soon as possible. Smoking cessation programs are available at Naval Medical Center Portsmouth and its branch health clinics. For information, call 953-9248.

**Limit alcohol use.** Too much alcohol can increase your blood pressure. Men should have no more than two drinks per day and women no more than one.

**Check cholesterol levels.** Get it checked at least once every five years.



# NMCP Completes 150th Cardiac Study Using State-of-the-Art CT Scanner

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

The Radiology Department at Naval Medical Center Portsmouth reached a milestone when it completed the 150th cardiac study using a state-of-the-art, \$2 million dual-source computed tomography scanner.

The machine can scan the entire heart in one quarter of a second – which is faster than one heartbeat. And it's the first of this type of scanner in the Navy on the east coast.

"The machine is so fast that it uses the heart rate to know when to scan," said Brian Smith, a CT technologist. "When a patient is nervous or has an underlying disease, it can be difficult to regulate their fluctuating heartbeat. This one can handle into the 70s. Standard scanners can handle up to 65 beats per minute and previously we have had to have more patients reschedule if we couldn't regulate (the heartbeat)."

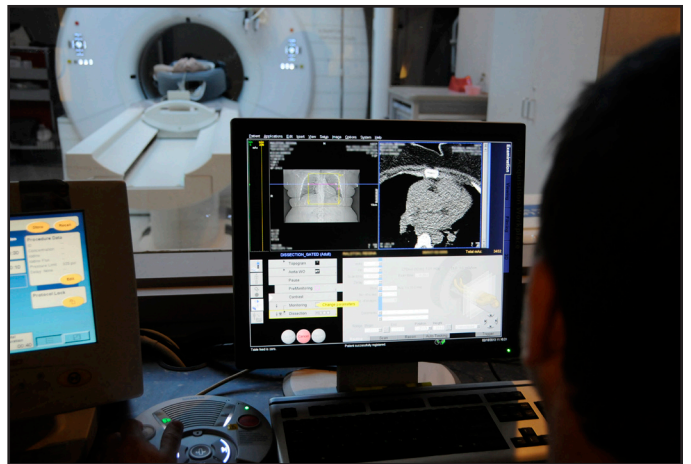
The faster scanner creates a sharper image because there is less motion blur in the picture and the patient is exposed to less radiation. These advantages make diagnostics easier and screenings faster, so as many patients as possible are scanned using the new equipment; about 500 to 600 patients are scanned each week. It is well suited for children and critically ill adults who may have trouble being still during a scan that takes longer to complete.

"Most scanners have one X-ray tube that shoots down from the top with the detectors on the bottom, and the beam

is constantly rotating around the patient," said Cmdr. Christopher T. Kuzniewski, lead diagnostic cardiopulmonary

radiologist at NMCP. "The dual-source scanner has two separate X-ray sources and the detectors are set 90 degrees apart like a plus sign, essentially doubling the speed of the scan."

"The machine is also a 256-slice scanner, which means there are 256 rows of detectors, compared to the standard 64- or 128-slice scanners. Therefore, the 256-slice scanner has the ability to scan the patient faster and decreases the overall radiation dose," Kuzniewski said.



**Brian Smith, an NMCP computed tomography technologist, views the images from Regina Ralston's thoracic aorta scan.**

All this equates to quicker scans and less radiation for the patient. The typical dose of radiation from a standard 64-slice scanner is between eight and 30 millisieverts for cardiac studies, and between five and 15 for other scans. That's compared to a person's typical exposure from the environment at three millisieverts each year.

The dual-source scanner delivers about one millisievert during any given cardiac scan. The new scanner has been in operation at the Portsmouth medical center for 15 months and has been used for cardiac scans since July.

"This is important considering radiation exposure throughout the lifetime is accumulative," Kuzniewski said. "The more radiation exposure a person has, the more you have to be concerned, especially younger patients who have a lifetime of the cell division process ahead of them, which can result in something going wrong and leading to an increased risk of malignancy."

While a scan is taking place, the patient experiences the same procedure as any CT scanner, except it is quicker. The patient first drinks (or receives intravenously) contrast just before the scan to improve the scanner's ability to distinguish internal body structures. The patient then lies on a table that slides into



**Brian Smith, an NMCP computed tomography technologist, positions Regina Ralston in the CT scanner for a thoracic aorta scan. The scan was one of 150 that have been completed at NMCP since July using a \$2 million, state-of-the-art dual-source CT scanner, which can image the heart in less than one heartbeat.**

— See SCAN, next page



**SCAN** — *Continued from previous page*  
the donut-shaped machine for the scan.

CT scans are most commonly used to identify tissue abnormalities in different parts of the body or to study blood vessels in the brain, heart, abdomen and chest. The machine captures 2-D black-and-white images that the radiologist uses to make the diagnosis, as well as 3-D color images that a CT technologist processes by removing tissue from the images, such as ribs or organs, leaving behind an isolated 3-D view of the area being studied.

The 3-D images are for the ordering providers to show the patient. According to Smith, patients tend to understand their anatomy better when shown a 3-D image that can rotate and is in color.

About 20 minutes after a scan is complete, the technologist has processed the images, which are then available to be read by the radiologist. That can take about 10 to 15 minutes, depending on how complicated the case is.

Technologists and radiologists work in the department 24/7. Five technologists handle the outpatient specialty cases and emergency cases during the day. Emergency Room and emergency inpatient cases are handled by two techs during the evening and one tech overnight. Depending on the time of day, up to 12 staff radiologists or residents are available to read the scans.

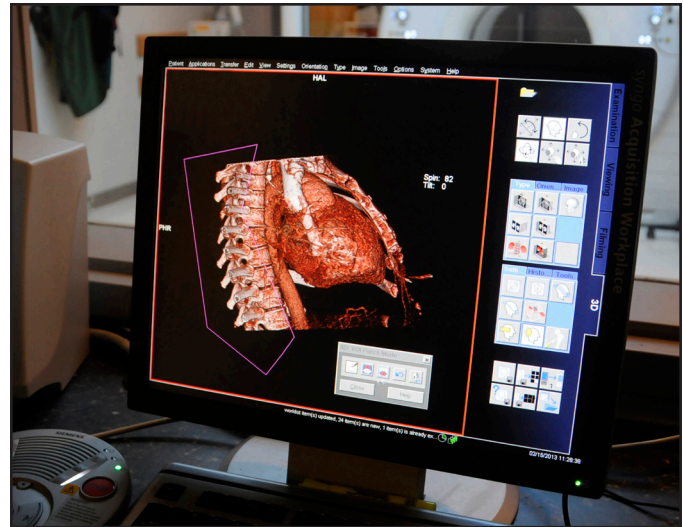


**Cmdr. Christopher T. Kuzniewski, lead diagnostic cardio-pulmonary radiologist at NMCP, reads a scan using the black and white images taken by the \$2 million, state-of-the-art dual-source CT scanner.**

“For those patients who are in the Emergency Room or are inpatient, we will have the scan read within one hour,” Kuzniewski said. “For outpatient appointments, it’s usually the same day, most often within a couple of hours. We read all scans in house and sometimes read scans for other Navy medical facilities, to include GITMO, Jacksonville, Fla., and Pacific Rim installations.”

For cardiac patients, the radiologist is trying to determine if there is obstructive coronary artery disease, among other possibilities.

“They could have soft or calcified plaque, which causes the

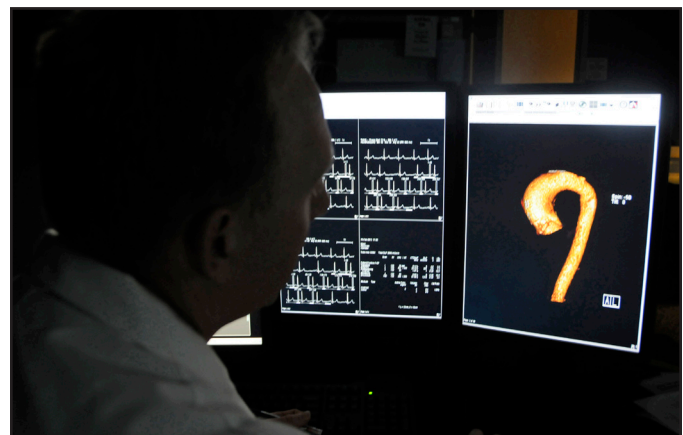


**The computed tomography technologist creates a 3-D image of a scan using computer software to remove tissue such as ribs and organs, by drawing a purple box around it and deleting the area layer by layer.**

diameter of the cardiac vessel to be smaller,” Kuzniewski said. “If there is less blood getting through, there needs to be some medical intervention, which can be invasive management or medical management. Medical management can include diet, exercise and/or medication. If the obstruction is severe enough, invasive management may be necessary and can include angioplasty, the placement of a stent or a coronary bypass.”

Some patients may have other structural vascular defects or problems with their heart valves that can require tube graft repair or valve replacement with either a mechanical or bio-prosthetic valve.

Regardless of the initial reason for the CT scan, NMCP’s patients can be assured they have received the highest standard of care with equipment that is the best available today, offering the safest and quickest CT scans possible.



**Cmdr. Christopher T. Kuzniewski, lead diagnostic cardio-pulmonary radiologist at NMCP, reviews a 3-D color image created by removing tissue such as ribs or organs from the images, leaving behind an isolated 3-D view of the area being studied.**

# He's Got Coin: 1,800, in Fact

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

For many service members, transferring from a command means packing up a box or two with family photos and some knick-knacks that once sat on a desk, but for Lt. Carmelo Ayala, who transferred from Branch Health Clinic Oceana on Feb. 13, it meant packing up more than 1,800 military coins.

Ayala, the former head of the Primary Care Clinic at the branch health clinic, began collecting military coins more than 25 years ago, accumulating them over the years and keeping them on display in his office.

His main display rack holds at least 1,300 coins, his secondary about 300. Several smaller racks he kept on his desk hold between 20 and 50. Although he hasn't counted them in a while, he estimates there are at least 1,800 in the collection – a number that grows by the day.



**Lt. Carmelo Ayala, has accumulated more than 1,800 military coins during his career, shows off his favorite coin, which is from U.S. Army Europe, while several smaller coin holders sit on his desk behind him.**

"I really appreciate it when someone gives me a coin," Ayala said. "It means a lot to me, so I try to do something nice to them in return. Sometimes I have helped them with something already, like putting in an officer package, and this is their way of thanking me."

For Ayala, the coins are more than a piece of metal.

"It's a memory," he said as he stood on a stool, stretching up to scan through some of the coins displayed on the overhead compartment of his desk. "Memories. I have to go back and think about it, but I can tell the story of how I got each one."

He definitely remembers the first one, his only wooden coin in the collection. Ayala had joined the Navy in 1985 as a deck seaman, later becoming a hospital corpsman and joining the Nurse Corps. He received that first coin in 1987 while stationed on USS Cimarron, a now-decommissioned oiler.

"It was a basic coin for Sailor of the Month," Ayala said. "I

was supposed to turn it in to get special liberty. I didn't need special liberty, so kept the coin. My second was in 1988 for Shellback initiation. I had collected coins as a child, but I realized this was another level because of the intricate level of detail. I always liked coins, but the cool part is these are all different."

There's a range of sizes within the collection, from as small as a quarter up to just fitting in the palm of the hand. There seem to be no limits to the designs. Some are holographic, contain photographs or have intricate custom cuts. The cuts include a scorpion, spider, syringe, domino, paw print, ship's wheel, throwing star and deck of cards. Many have a spinner in which the middle part is cut to spin within the frame of the coin. Some are hand-painted and made with different colors and brush techniques.

Ayala looks for any opportunity to add to his collection, and with the word out about the collection, many are always looking for coins to give him, from family and friends to co-workers and patients.

"I think they believe I work for food and coins," Ayala joked.

He estimates about 70 percent of the coins were presented to him by the person the coin was made for or by a member of the command the coin represents. The other 30 percent come from those who run across coins they think he would like. Occasionally, he has purchased coins to add to the collection.

Ayala has his own coin to hand out, and he usually "regifts" duplicates. Only once did he give up a coin he had only one of.

"A fellow officer had a coin stolen from his stateroom while he was on deployment," Ayala said. "That was the only coin he had gotten in 20 plus years of service. It was from Adm. Mullen, former chairman of the Joint Chiefs of Staff. When I heard about it, I walked right up to him and gave him my only Mullen coin."

"Someone stole your memory, and I wanted to return it,"

— See **COINS**, next page



**The multi-tiered display case that Lt. Carmelo Ayala had in his office holds more than 1,300 of the coins in his military coin collection. He has accumulated at least 1,800 coins in his career. Ayala is transferring from Branch Health Clinic Oceana.**





**More than 300 of Ayala's coins are kept in a display case that sits on the overhead compartment of his desk.**

#### COINS — *Continued from previous page*

Ayala told him as he presented the coin. "To some people, it's a big deal, especially if you care about the person who gave it to you."

And plenty of people have cared enough to present them to Ayala.

"I have coins from all branches of service, from ships and from squadrons," Ayala said. "I even have several master chief petty officers of the Navy – the third, ninth and 10th. About two percent of the collection is non-military. Some of the coins I've been given are commemorative coins for movies, like Harry Potter, Act of Valor and Hunger Games, or for businesses like Home Depot and Office Depot."

One of Ayala's favorite coins is from U.S. Army Europe



**Some of the coins of Ayala's collection are displayed in smaller coin racks on his desk.**

because of the large size and intricate detail. But his most treasured coin is one he always carries with him.

"My most treasured is Adm. Boorda's coin, especially because it was his Seaman-to-Admiral program that allowed me to become an officer," Ayala said. "The coin was given to me by the son of one of Boorda's former aides. The son had been an intern in the Flight Medicine Clinic.

"One day, he said, 'I have something special for you. My father said you would really treasure and love it.' He was right," Ayala said. "It's the only one I carry with me, along with my own. Not much can beat that. So when someone challenges me, I can say 'What do ya got? You're going to lose.'"

Ayala sometimes carries the presidential or Camp David coins,

but believes it's the Boorda coin that brings him good luck.

With so much experience with coins, he has designed several, including his own. His most recent project is updating his coin for his promotion to lieutenant commander on May 1. He has also designed coins for officers in charge, the chief's mess and the wardroom of the Oceana BHC.

With the collection continuing to grow, Ayala is looking forward to using a new display case. Fellow avid collector and wood worker, retired Chief Aviation Boatswain's Mate (Equipment) Michael Gilberg, made three of the display cases Ayala had in his office.

Gilberg recently presented Ayala with a new case for the collection, a six-foot unit that breaks into two sections. Ayala will use it to house the entire collection when he reports to Naval Hospital Bremerton, Wash., in March.

Despite all of the coins Ayala has attained over the years, he does have one regret – he never got a coin from the ship where it all began.

"I should have gotten a ship's coin from Cimarron and still have not gotten it," he added. "I have been trying for many years. That's my first ship, but it's impossible to find them with the ship being decommissioned. I learned a lesson early.

"Now I tell younger folks that it's your command, it's a memory, so try to get one and keep it," he said. "It means a lot to be able to cherish it and remember who gave it to you."



**The bottom row of the four-tier case that holds more than 1,300 coins.**



# Norfolk Admirals Visit NMCP Wounded Warriors

STORY AND PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER  
NMCP Public Affairs

Six hockey players from the Norfolk Admirals visited Marines of the Wounded Warrior Battalion-East Detachment Portsmouth at Naval Medical Center Portsmouth on Feb. 12. The players who visited were Jordan Hendry, John Kurtz, Matt Kennedy, Mat Clark, and John Mitchell and Dan Sexton.

The visit began with the players eating lunch in the galley and signing a few autographs for fans. The visit came after several of the Marines has attended an Admirals game Feb. 8 during Military Appreciation Night. To kick off the game, Marine Gunnery Sgt. David Post had dropped the puck.

Now it was time for the Admiral's players to come to the Marines "arena" and spend some quality time with them one-on-one. During the hourlong visit, more than a dozen Marines traded stories with the hockey players, telling jokes and talking about home.



**Admirals' players with the wounded warriors.**

Staff Sgt. Michael Myles joked, asking the players, "What do you have to do to become a hockey player?"

The response; "You have to be Canadian." Of the six players, four were Canadian, with the other two from Wisconsin and Minnesota.

The Admirals asked about how each Marine was wounded, and they players were impressed with progress they all were making, but in particular a Marine who received a traumatic brain injury while in combat and is going through physical and speech therapy to recover.

The players then toured the Wounded Warrior Patriots' Inn, a wing of the hospital set up like a hotel to accommodate those who have been discharged from inpatient care, but are not mobile enough for a barracks room.

The players discussed the quality of the accommodations with Melissa Marshall, the detachment's deputy officer in charge, who was leading the tour. They were surprised that the rooms are like hotel rooms and are wheelchair accessible.

"This was a great visit. The best visits are when those visiting



Photo courtesy of the Norfolk Admirals | John Wright

**Gunnery Sgt. David Post, Wounded Warrior Battalion-East Portsmouth Detachment drops the puck for game on Feb. 8 during Military Appreciation Night at the Norfolk Scope Arena. He is joined on the ice by the original Admiral, Dennis McEwen, back; Wilkes-Barre/Scranton Penguins Captain Joey Morimina, left; and Norfolk Admirals Captain Nate Guenin, #5. The Admirals beat the Penguins 4-1.**

really get the opportunity to interact with the Marines, which is just what they did when they were here," Marshall said. "There was a lot of good-natured bantering back and forth, with lots of questions from both sides. The Admirals made some new fans! Visits like these go a long way toward boosting the moral of the Marines."

The visit was the second organized by the Navy Wives Clubs of America Portsmouth chapter in a continuing partnership with the detachment that began in 2011. The Admirals' previous visit was in December 2011.

"The Norfolk Admirals visit was a big hit in 2011, and gave the athletes a chance to say thank you to the service members," said Jaclyn Roleson, coordinator of Charities for NWCA Portsmouth #221. "This visit went wonderfully. The athletes were talking about it afterwards, and the Marines were still talking about it the next day. We would love to do this again soon."

The Admirals, the 2012 Calder Cup Champions, are American Hockey League affiliates of the National Hockey League's Anaheim Mighty Ducks.



**Melissa Marshall, Marine detachment deputy officer in charge, gives a tour of the Wounded Warrior Patriots' Inn to Norfolk Admirals players.**



# Patriots' Inn, Admin Complex Celebrate Third Anniversary

STORY AND PHOTOS  
BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

The Wounded Warrior Patriots' Inn and administrative complex at Naval Medical Center Portsmouth commemorated its third anniversary Feb. 13. Since the \$5.2 million facility opened Feb. 12, 2010, more than 312 service members have passed through its doors, with 10 residents currently calling it home.

The inn is a place where wounded warriors of any branch of service live temporarily and receive care, comfort and support while they continue their recovery as an outpatient. The administrative complex concentrates all administrative services a wounded service member may need in one area.

"About five years ago, the command realized there was a need to improve the services we provide for our Marines

"This project was completed in February 2010, bringing together the Department of Veterans Affairs, Medical Board staff, disability counselors, Navy Safe Harbor, the Wounded Warrior Battalion-East Portsmouth detachment and finally the Fleet Liaison office," Sullivan said. "No longer did the service members have to go floor to floor, building to building to obtain the services that they required."

The administrative offices include fleet liaison offices, disability counselors, Veterans Affairs representatives, Naval Legal Service Office representatives, medical board personnel and exam rooms.

"The 'crown jewel' of that project was the construction of the Patriots' Inn," Sullivan said. "This transitional-residential space was an important addition to the comprehensive care we provide to the wounded Marines and Sailors. This space is intended for the Marine or Sailor who no longer requires inpatient care but has a physical limitation that prevents them from living in the barracks or independently out in town."

The inn consists of 13 spacious Americans with Disabilities Act-compliant rooms that are outfitted more like an upscale hotel room than a military barracks. Each room has adequate space to maneuver, safety hand holds, comfortable beds, flat panel TV, Wi-Fi and a desktop computer, to improve the quality of life for Marines and Sailors as they recover from their injuries.

Before the Patriots' Inn opened, outpatients stayed across the river at the Navy

Gateway Inn at Naval Station Norfolk and had to be transported to and from NMCP for their appointments. Some also stayed in the barracks at NMCP, which are not designed for use by people with disabilities.

"I think the Patriots' Inn has far exceeded our expectations for improving the quality of care for Sailors and Marines as they recover," Sullivan added.

Though the inn is an outpatient facility, it is located in the hospital to ease a wounded warrior's transition following their stay in the hospital. The proximity of the inn gives residents closer access to medical appointments, exchange facilities and the galley. Another benefit of the unit is the camaraderie that comes from living among others who have been through similar experiences.

"The treatment has been outstanding here, making sure that my room was set up and they guaranteed that I was comfortable and everything I needed was here," said Aviation Machinists Mate 1st Class Henry Dudek, a reservist who suffered a knee injury in Kuwait and had to have the joint replaced. "The staff here is outstanding."

In order to stay in the facility, injured service members must be able to carry out activities of daily living without assistance and have a minimum of three appointments at the hospital a week. The average stay ranges from one to 11 weeks.

The current residents and program administrators celebrated three years of success with a cake cutting and several guest speakers.



**Gunnery Sgt. David Post and Sgt. Burness Britt cut the cake during the third anniversary celebration.**



**Sgt. Maj. Michael Jones, U.S. Marine Forces Command sergeant major, speaks to those gathered during the third anniversary celebration.**

and Sailors," said Cmdr. Sean Sullivan, department head of Fleet Liaison. "In particular, the myriad of administrative services necessary to support service members who are wounded, ill and injured, which were spread out across the medical center."

A plan was developed to concentrate all necessary services in one area, with reconstruction of the entire floor completed in 18 months.

# Civil Rights March Re-Enacted during BHM Celebration

STORY AND PHOTOS  
BY MC2 NIKKI SMITH  
NMCP Public Affairs

The Naval Medical Center Portsmouth Diversity Committee hosted a uniquely themed Black History Month celebration in the medical center's chapel Feb. 21, re-enacting portions of a pivotal event in the Civil Rights movement.

Marking the 50th anniversary of the March on Washington and the 150th anniversary of the Emancipation Proclamation, the celebration centered on important African Americans in history and the generations of African Americans who have transformed American history.

"February is a very important month," said Rear Adm. Elaine C. Wagner, NMCP commander. "It's important that we honor and recognize the African Americans who have contributed to the shaping and defense of this great nation. Our future is shaped in part by our past, and celebrating our diversity and the culture of all of our personnel is vitally important to our Navy and to our country."

"Success depends on each individual working together as part of a team," Wagner added. "Recognizing, accepting

and appreciating our differences and building strength through our different experiences is our ultimate goal as we continue to provide the very best in patient and family-centered care."

Pastor Sammie L. Logan III, New Hope Baptist Church of Chesapeake, Va., was the guest speaker, giving a riveting and passionate speech about recognizing the significant events in African-American history. His emphasis on the importance of incorporating these events into American history earned cheers, applause and a standing ovation from the audience.

"I am excited, enthusiastic and thankful that I have the opportunity to share with you all today," Logan said. "This is a great day and a great opportunity to observe and celebrate an absolutely amazing community of extraordinary people. The African-American community is an exceptionally diverse group that represents a special range and spectrum of experiences in the United States of America."



Re-enactors of the 1963 March on Washington stand among the audience with their replica demonstration signs. The "demonstrators" took turns citing a portion of Dr. Martin Luther King Jr.'s "I Have a Dream" speech.

"The wonderful contributions of the African Americans to the land of the free and the home of the brave ought to be applauded," continued Logan. "You can't talk about American history without talking about the presence and significance of the African Americans. Our dreams, our visions and our goals and our accomplishments have all contributed to this wonderful salad bowl, if you will, that we call the United States of America."

Following Logan's address, footage from Dr. Martin Luther King Jr.'s speech from the March on Washington was shown. As it played, several Diversity Committee members carried signs with slogans, "We March for Freedom" and "We Demand Equal Rights Now," matching those from the actual March on Washington 50 years ago.

When the video ended, they marched around the chapel with their signs, stopping on the altar to read pieces of King's "I Have a Dream" speech. After the re-enactment, they led the audience in singing, "Lift Every Voice and Sing."

The event ended with a cake cutting, and event-goers buzzing about the festivities, with many staying behind to shake hands with Logan or praise Diversity Club members for a job well done. The value of celebrating the month was clear to those who attended,



Pastor Sammie L. Logan III of New Hope Baptist Church speaks about the importance of African-American history intertwining with American history, as well as passing the history onto the following generations. He received a standing ovation from the audience.

— See HISTORY, next page



# Memorial Service Held for Former NMCP Security Officer, David Caine

A memorial service was held Feb. 13 for David Caine, a former security officer at Naval Medical Center Portsmouth. Caine had battled cancer for several years and was buried at the North Dakota Veterans Cemetery in Mandan, N.D., on Jan. 22.

During the service, Caine was remembered by three directors for Administration: Capt. David Collins, the current DFA; Peter Kopacz, NMCP's executive director and former DFA; and Capt. Jimmy Bradley, a former DFA who sent a recorded message from Naples, Italy, where he serves at the executive officer of USNH Naples.

Caine was also remembered by Security Department staff, including Lt. Michael Brown, who presented a flag to Caine's widow, Sharon, who is also a staff member at NMCP. Sharon works in the Human Resources Department.

Caine's dream job was realized when he became the security officer at NMCP, partially because of his love for police work. He was serving as a master-at-arms at NMCP when he retired after 20 years of naval service on Aug. 31, 2008. Caine enlisted in the Navy in 1988 at the age of 23.



Photo courtesy of Caine Family



Photo by MC1 (SW/AW) Steven J. Weber

**Capt. Jimmy Bradley, U.S. Naval Hospital Naples executive officer, remembers David Caine's service to NMCP in a pre-recorded message, while the memorial service speakers on the stage listen. Bradley was a former director for Administration when Caine was the security officer.**

**HISTORY** — *Continued from page 12* including Lt. Cmdr. Hazelann K. Teamer, Patient Administration department head.

"Everyone who participated did outstanding, and the whole program was so enjoyable," Teamer said. "It was lively and exciting. It was all just perfect. I came because I think it's important that we celebrate all diversity in our people."

"Regardless of what color we are, it's another opportunity to collaborate with each other and look forward to the future," Teamer added. "We don't want to forget about the past, but it's important to look forward to our future together."



**NMCP staff watch a portion of Dr. Martin Luther King Jr.'s "I Have a Dream" speech during the Black History Month celebration.**



Photo by MC1 (SW/AW) Steven J. Weber

## Civilian in the Spotlight

**Jessica M. Bullock**

**Hometown:** Virginia Beach

**Time at NMCP:** 6 months

**Job:** Licensed Practical Nurse

**What do you like most about your job?** Teamwork is great! Love the orthopedic population.

**What do you do in your off duty time/hobbies?** Spend time with my kids. I'm currently involved in organizing children's softball tournament/fundraiser. I love to cook and exercise.

**Favorite movie:** Like Water for Chocolate

**Favorite food:** Pho (Vietnamese noodle soup)

**Anything else interesting about yourself?** Before becoming a nurse, I was a car repo agent.

**Why was she nominated as Civilian in the Spotlight?** "She has been recognized as a stellar nurse and team player," said Lt. Cmdr. Cassandra Leate. "She is always looking for ways to improve her practice and those around her. She is willing to invest in others. She is friendly, easily likable and trustworthy. She is dedicated to advocating for patients, flexible and thinks outside the box. Even when floated to other units, she was recognized as a gem and they tried to hire her for their own staffing."

## Sailor in the Spotlight

**HM3 Jolanta Loretta Kendall**

**Hometown:** Brooklyn, N. Y.

**Years of Naval Service:** 3.5 years

**Job:** Assistant Lead Petty Officer of the Progressive Care Unit

**What do you like most about your job?** I truly enjoy helping Sailors better themselves not only in their careers but with life skills. Leading them encourages me to learn even more so that I can keep them informed on all types of issues in effort to help with their success.

**What do you do in your off duty time/hobbies?** I am very family oriented and athletic; I play softball and run. I also volunteer as a team coach for "Girls on The Run."

**Favorite movie:** How to Lose a Guy in 10 Days

**Favorite food:** All Seafood YUMMY!

**Anything else interesting about yourself?** I am currently pregnant and cannot wait for our little bundle of joy to be born.

**Why was she nominated as Sailor in the Spotlight?** "HM3 Kendall is nominated as Sailor in the Spotlight because she is a phenomenal leader that always lives up to the Navy Core Values," said Chief Hospital Corpsman Maria Decena-Taylor. "HM3 also works at a level that is comparable to a petty officer first class; she is by far my superstar!"



Photo by MC2 (SW) Anna Arndt



## FEBRUARY AWARDS

### NAVY & MARINE CORPS COMMENDATION MEDAL

Lt. Cmdr. Philip Boyer  
Lt. Matthew Moore

HN Kelsey Eagle  
SN Leonard Gullledge  
HN William Jefferson  
HN Dakota Lovejoy

### OUTSTANDING PUBLIC HEALTH SERVICE AWARD

Cmdr. Ingrid Pauli

### CIVILIAN TEN YEARS OF SERVICE

Robert Taylor

### NAVY & MARINE CORPS ACHIEVEMENT MEDAL

ET2 Mark Roeder  
ET3 Stephen Markulin  
HM3 Latisha Morgan  
HM3 Michael Pilati  
HN Ashlee Doughty  
HN Faron Mitchael

### NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Keith Haskett Jr.

### COMMAND PILLAR AWARD

Lt. Cmdr. Heather Havener  
Lt. Nicole Anderson  
HM1 James Frymire  
HM2 Cesar Borrero  
Debbie Thompson  
Judy Wittman

### GOOD CONDUCT MEDAL

HM3 Elonora Blackmon  
HM3 Wei Lei  
HM3 Venessa Natoli  
AT3 Brian Sharkey  
SN Grefory Andrews  
SN Philip Azanusoeor  
SN Angelica Best  
SN Zachary Brown  
HN Dorian Crowell

**Staff assemble on the stage at the beginning of the Feb. 6 award ceremony.**



Photo by MC1 (SW/AW) Steven J. Weber



## Save the Date

## Annual Oakleaf Auction Set for April with Bier Garden Theme

The Oakleaf Club of Tidewater will host its largest fundraiser of the year – the annual fundraising auction – on Friday, April 26. This year's theme is "Bier Garden." Mark your calendar, watch for more details and plan to attend!

All proceeds come back to the command to support local and deployed staff and provide comfort items that enhance the morale and welfare of patients, their families and those who care for them.

For more information, call Kathy Duntemann at 651-5025.

## SHIPMATE OF THE MONTH



Photo by MC2 (SW) Anna Arndt

HM2 TAMIA ROBERTS, DFA  
HM2 SHANE UNGER, DPHS  
HM3 PAUL AGYARKWA, DNS  
HM3 BRENDEN BICKEL, DMS  
HM3 JAMAR BURR, DPE

HM3 WILLIAM WIEGMANN, DCSS  
HN RYAN DENEAU, DPC  
HN JASON EBLACAS, DMH  
HN TAVONDA MCGHEE, DQM  
HN BRITANNY MONROE, DSS

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## FEBRUARY MENTOR OF THE MONTH

Senior Chief Yeoman (SW/AW) Tanesha Wheeler reported to Naval Medical Center Portsmouth in October 2011. As a flag writer, she manages the commander's schedule, takes care of personal correspondence and writing speeches for the commander. She also reviews all correspondence coming in to the Command Suite for the commander's signature.

As senior enlisted leader of the



Photo by MC2 (SW) Anna Arndt

Command Suite and Directorate for Quality Management, she ensures the departments have the tools and support they need to accomplish their mission and ensures the Sailors are performing their primary job and also getting involved with the command and the community. She strongly encourages they pursue off-duty education. She is the Chief Petty Officer Association president and the Professional Development champion.

Her mentoring philosophy is that no matter how old you are, how senior you are, you always need a mentor, you should always be teachable. She encourages all her Sailors to identify with someone they can admire.

"The mentorship program is beneficial to the mentor and mentee for many reasons," said Wheeler. "As a mentor, it allows you to give back to someone like someone gave to you; this relationship reminds you that it is not about you and I believe it helps keep you grounded and reminds you how far you have come."

"As a mentee," she continued, "it's beneficial because you cannot do it alone, but it is so much easier when you have support and the mentor is there to support you through the good and bad, not to judge, but to support and guide."

Wheeler says the mentorship program is important because "someone has come before you and you don't have to repeat the mistakes they made. You need someone who you can professionally and personally relate to and respect, that you allow to speak into your life."

She currently mentors six people, but feels that as a senior chief petty officer, it is her job to mentor all Sailors and junior officers she comes in contact with.

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*Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.*